

Military Order of the World Wars



Chapter 151 Region XIII February 2023 Newsletter



The Military Order of the World Wars
Colorado Springs Chapter
Post Office Box 2152
Monument, Colorado 80132

COMMANDER'S REMARKS (6 Feb 23)

Greetings, Companions! We had a good turnout for the MOWW January luncheon featuring Scouting. Senior Vice Commander Kerm Neal ably led the meeting in my absence. I presented one of the MOWW National Phoenician Award to Omari Martin (See Patriotic Education) and will present the other award winner at the February Membership Meeting. As our outreach activities increase, so does our need for financial resources. We rely on your donations to help fund activities (i.e., staff meeting, storage, etc.). Also, we sponsor tables at the annual Fire and Police Award banquets to support these organizations. These are new expenses requiring your donation to continue support in line with our mission. Please consider donating either to our general fund or to specific programs. We continue to schedule quality speakers and encourage you to attend our meetings, particularly if you have not in a while. Please consider attending the next meeting!

STEPHEN SHAMBACH, COL, USA (Ret)
Chapter Commander

It is nobler to serve than to be served

UPCOMING EVENTS (February & Later)

- ✓ **STAFF MEETING (16 Feb)**
 - Thursday, 1730.
 - Location: Hill House 130 Upper Glenway, Palmer Lake, CO 80133
- ✓ **MEMBERSHIP LUNCHEON (25 Feb)**
 - Saturday, 1130.
 - Location: Patty Jewett Golf Course.
 - Program: Michael J. Allen, District Attorney, 4th Judicial District.
- ✓ **2023-2024 STAFF OFFICER ELECTIONS (May)**
 - Nominations and Volunteers (Mar and April)
- ✓ **NATIONAL CONVENTION (1-6 Aug)**
 - Location: Annapolis, MD



PREVIOUS MEMBERSHIP MEETING (28 Jan 23)

Mr. Adam Weitzel, Chief Executive Officer of Pathway to the Rockies provided a presentation on Scouting. Mr. Weitzel, owner and founder of Business Law Group, has been a registered Scout or adult Scouter for more than 35 years. He gave a very enlightening presentation on the successful addition of females to scouting and the present state of the organization. He discussed the affect the scouting lawsuit had on both the local and national organizations—



*Col Neal Certificate to
CEO Adam Weitzel*

resulting in the merger of Pikes Peak Council and Rocky Mountain Council to form Pathway to the Rockies Council. The merger expanded the geographic area of responsibility of combined organizations, to include three campgrounds as resources. Membership dropped drastically during COVID, but steady growth has occurred post-COVID especially in the Explorer programs leading the way for a sustainable future.

STAFF MEETING (12 Jan 23)

Meeting held at Hill House
Called to Order at 1749. Attendees: Steve Shambach, Kerm Neal, Mike Berendt, Ulysses Swift and Rich Peters; Virtual: Tony Trifiletti and Rich Rima
Prior Month's Minutes Approval - All voted aye with no nays or abstentions.
Financials LTC Berendt submitted the Treasurer's Report as of 1 January 2023. The month of

December 2022 ended with the following assets at Integrity Bank:

Certificate of Deposit:	\$12,342.64
Savings Account Balance:	\$101.17
Checking Account Balance:	\$2,760.88
Reserved for Programs	\$4,778.96
Total Chapter Asset Balance:	\$19,983.65

Staff discussed donation to the Little Log Church to continue use of building. Staff reviewed the history of the Chapter using Hill House, costs of using public storage for materials, and process of searching for meeting location. After the discussion Lt Col Swift put forth a motion to donate \$500 to the Little Log Church for 2023 and review donation amount annually because this was a less costly alternative for a location to meet and store materials. Col Neal seconded the motion and the remaining Staff voted aye with no nays or abstentions.

Committee Updates

- Scouts -- No status update on reactivating USAFA Flight of Eagles. Col Neal continues to plan to attend annual Boy Scout and Girl Scout award ceremonies.
- ROTC and JROTC: LTC Berendt and Lt Col Swift awaiting responses from high school points of contact before proceeding with award presentation schedule. Col Neal to query Companion identified as liaison for Young Marines. Negative on "Help Wanted" from Companions for Civil Air Patrol liaison.
- Patriotic Education – See Programs RMYLC notes.
- Public Safety and Law & Order – February program will feature Law & Order speaker.

Old Business

- Chapter Polo Shirts: LTC Berendt received 12 MOWW Polo Shirts in sizes Small through 2XL. Shirts cost \$30 and are available for purchase at monthly chapter meetings.
- Recruiting emphasized. Need 4 new members.
- Speaker schedule for remainder of OY discussed.

New Business

- Initiative to invite previous speakers and guests.
- Next Staff Meeting Zoom link:
<https://us02web.zoom.us/j/87395053309?pwd=QWdORW0zc29mQ2lrS0NyZmNOYUZVUT09>

Adjournment - 1846

Chapter Action Plan Goals for 2022 to 2023:

1. Establish a calendar of events for the remainder of operating year (ends June 30, 2023).
2. Conduct monthly Chapter meetings with a hybrid capability for members to attend either virtually or in-person.
3. Establish/sustain committees responsible for interacting with the following organizations:
 - a. Boy Scouts of America
 - b. Girl Scouts of America
 - c. Reserve Officer Training Corps (ROTC) and Junior ROTC
 - d. First Responders (local police, fire and medical)
 - e. Homeland Security and National Defense
4. 4% Membership increase (4 new members and replacements for the fallen)
5. Outreach. Expand participation and publicity of Chapter with the public.
6. Co-sponsor the 2023 Youth Leadership Conference in conjunction with the Rocky Mountain Youth Leadership Foundation
7. Create a 3-year-succession plan for each elected officer position
8. Revise Chapter By-Laws and review annually

Membership and Recruiting

Please help us grow our Chapter Membership! We have a goal to recruit only 4 new members this year by June 31st. If each person can invite someone to attend our Membership Meetings that is a great way to encourage joining our organization.

83 Chapter members with 71 residing in Colorado.

REGIONAL NEWS

Staff attended regional meeting on 21 Jan 23 virtually included Commander, Junior Vice Commander, and Treasurer. LTC Michael A. Okin, MD, USA (Ret) MOWW CinC presented at this meeting. Key takeaways – recruiting is vital to maintaining MOWW viability, MOWW in jeopardy of losing 501(c)19 tax exempt status due to insufficient number of veterans in MOWW.

PATRIOTIC EDUCATION

The MOWW National Phoenician Essay 2nd Runner Up award was presented to Omari Martin on February 3rd at an awards assembly at Mitchell High School. Omari was presented with an MOWW CINC letter and certificate, a \$500 check and a CINC coin. Presenting was: RF Smith (RMYLF President), Miriam Shambach (essay coordinator), and Steve Shambach, Chapter Commander and YLC Director.



L to R: RF Smith, Omari Martin, Miriam Shambach, Steve Shambach

MEMBERSHIP MEETING (25 Feb 23) Public Safety/Law and Order

Guest speaker is Michael J. Allen. He is a Colorado native and Navy veteran. He graduated from Arvada West High School and enlisted in the US Navy serving as an Aviation Electronics Technician. Honorably Discharged in 1998 he earned his undergraduate degree from the University of Northern Colorado and his law degree from the University of Kansas. Michael's prosecutorial career started in Kansas where he served in multiple positions. He joined the 4th Judicial District Attorney's (DA) Office in 2011 and has served the Pikes Peak region in several capacities including line Deputy DA managing the Veterans' Trauma Court (VTC) docket. He was able to put his own military experience to use to ensure that the 4th JD's VTC focused on defendants that needed and deserved a second chance. He knows that violent and career offenders



demand attention and has worked to protect public safety. He was named the 4th JD's Homicide Prosecutor of the Year in 2015 and 2017.

Michael was sworn in as the elected District Attorney of Colorado's Fourth Judicial District on January 12, 2021.

Also, a Phoenician Award Presentation to Matthew Allen (no relation), 1st Runner up in the National MOWW competition, who will recite his essay!

- Saturday, time 1100-1330

- Location: Patty Jewett Golf Course.

- RSVP Required: no later than Noon, Tuesday, 21 Feb to Mike Berendt, berendt478@aol.com, (410) 908-6777

- Menu: Buffet.

- Notify Mike Berendt if you have special menu requirements when submitting RSVP.

- Cost: \$25 (cash or check only)

Virtual Attendees Zoom link:

<https://us02web.zoom.us/j/82399663400?pwd=K09kdjJBWHBVVG1kK3FtSXBxZDIgZz09>

Scouting Investment in Character Luncheon – May 3rd, 2023 at Noon!!

As mentioned by our January speaker, Mr. Adam Weitzel, the Investment in Character Luncheon is the Pathway to the Rockies Council's largest fundraising event of the year. Table Hosts invite co-workers, business partners, community leaders, friends, and Scouting enthusiasts to attend the event and find out 'what's happening' in the world of Scouting.

This year, the event will take place at the Flying W. Ranch where attendees will enjoy a chuckwagon spread of smoked meats with all the trimmings followed by an action-packed program ***featuring 5x Olympic Gold Medalist, Missy Franklin.***

If you are interested in attending and hearing Missy talk, the link for info and sign up is:

[Investment in Character Luncheon - Pathway to the Rockies Council](#)

February Companion Birthdays

Lt Col Susan Cooley–2 Feb; COL Joseph Morgan–3 Feb; Lt Col Robert Becerra–4 Feb; MG Thomas Csrnko–5 Feb; Col Philip Madden–8 Feb; Maj Timothy Matson–18 Feb; Maj Charles Clark–22 Feb; Mr. Jonathan Cole–23 Feb; Capt Douglas Katein-Taylor–24 Feb; Lt Isabel Taylor–26 Feb; Mr. Michael Wilson.

March Companions Birthdays

Col James Mundt – 19 Mar; COL George Reed – 24 Mar; Mr. Kobe Neal – 29 Mar.

COMPANION OUTREACH & INTEREST

MUSCLES AND AGING

CPT Robert E. Mallin, MD, USA (Fmr)
Surgeon General, MOWW



Back in the days when Jack Paar was the late night TV host, he had a guest named Alexander King on his show. Alex was a mildly quirky, aging hippy-type a bit over 65. He wrote a book about aging called “Mine Enemy Grows Older.” As a final chapter, he wrote about how age slowly creeps up on you. He noted that one of the “creepiest parts” was dealing with strange muscle aches and pains that can occur in any of the body’s muscles, particularly those that do not get better during the day or intensify in their discomfort. Typically, we think of skeletal muscles, i.e., the ones that move joints or that “hurt all over” during influenza attacks

However, “smooth muscles,” i.e., those lining the hollow organs of our body (e.g., intestine, bladder, blood vessel) and the heart (cardiac) muscle can also hurt. All a muscle can do is contract when stimulated. That is its only function. Infection, autoimmune traumatic and malignant diseases, can cause pain in muscles as they do their work, or even when dormant. Some medication can cause muscle pain too. Simple weekend sports strain and overuse can be treated by stopping the activity, applying some ice and using an anti-inflammatory medication. Be aware, though. There are many more serious muscle problems associated with infection, systemic (total body) diseases such as Lupus, Dermatomyositis or fibromyalgia that are

chronic and debilitating. In these cases, the aches may always be with you.

One can have spasms or cramping, sometimes due to low potassium in the blood, sometimes with loss of blood supply to the given area such as sudden blood clotting. Persistent symptoms causing more than ordinary concern that do not promptly go away or that have an obvious treatable cause need prompt medical evaluation. Meningitis (inflammation of the central nervous system) chest pain, breathing or movement problems are, of course, urgent. Use of over the counter (OTC) pain relievers needs caution too. Under the “right” circumstances, Aspirin, the wonder drug, can cause ringing in the ears, bleeding and allergy. Many pain relievers have ingredients harmful to those on anticoagulants. Generally speaking, OTC meds are safe when taken as directed. If the recommended dose does not work, it is dangerous to increase it on your own. Dosing with alcohol can increase liver damage and ulcers. So, take pain medicines with food or plain water. It will be safer for the stomach lining’s sake.

Last, aspirin and children often do not mix and can produce Reyes syndrome leading to fatal brain problems. So, as in everything else, ask for help when you have a question. On-line information can be really helpful, but consulting an up to date health care provider is best. In that way, we can watch “our enemy grow older” for a long time.

*MOWW OFFICER REVIEW May 2014 p23
The Military Order of the World Wars*

CPT (Dr.) Robert E. Mallin, USA (Former) is a graduate of Adelphi University and New York Medical College. He is certified with the American Board of Plastic and Reconstructive Surgery and is a Fellow of the American College of Surgeons. In private practice from 1975-94, he was the Alaskan State Physician of the Year. While in the U.S. Army (1966-1968) he earned a Bronze Star, Purple Heart and Air Medal, and a Combat Medical Badge, among other decorations.

POINTS OF CONTACT

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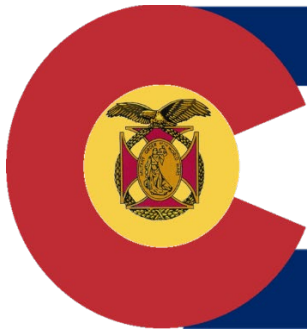
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Link to MOWW [Preamble](#)

Chapter Website: www.cos_moww.org



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CONTRIBUTION OR PLEDGE

Yes, I am making a tax-deductible contribution or pledge to the Colorado Springs Chapter of the Military Order of the World Wars.

I wish to contribute or pledge \$ _____ to the Patriotic Education Fund.

I wish to contribute or pledge \$ _____ to the ROTC Fund.

I wish to contribute or pledge \$ _____ to the Boy and Girl Scout Fund.

I wish to contribute or pledge \$ _____ to the Law & Order Fund.

I wish to contribute or pledge \$ _____ to the Operations Fund (postage, bulletin, directory, recognition programs – plaques, medals, etc.)

Name

Please make checks payable to Colorado Springs Chapter, MOWW

Send to: LTC Mike Berendt (USA, Ret)
1230 Bowstring Road
Monument, CO 80132